

I claim:

1. A portable exerciser which includes a mat having at least two components that can be collapsed into a smaller arrangement and wherein at least one of the components includes at least one stretchable band that can be used by an individual for exercising.
2. The portable exerciser as defined in claim 1, wherein said stretchable band is detachably connected to said at least one component of the mat.
3. The portable exerciser as defined in claim 1, wherein a handle is connected to one end of said stretchable band.
4. The portable exerciser as defined in claim 3, wherein said handle is detachable connected to said stretchable band.
5. The portable exerciser as defined in claim 1, including an adjustment mechanism to orient and maintain said two components at an angle between 0° and 180°.